



# CALIFORNIA WorksWell

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## February is American Heart Month

GET HANDS ON AND HELP  
SAVE A LIFE is the theme for  
2003. The key points for  
American Heart Month 2003 are:

- Help save lives.
- Learn CPR.
- Support automated defibrillator (AED) programs in your community.
- Learn more about American Heart Month. Call 877-AHA-4CPR or visit <http://www.americanheart.org>.

When it comes to preventing heart attack and stroke, your donations count. Your support helps the AHA continue to fund research projects and advance awareness of these important issues. The State Employee Heart Walk and Health Fair sponsored by the Department of Personnel Administration (DPA) at the State Capitol in Sacramento will be held on September 4, 2003. Visit the AHA Web site at [www.heart-source.org](http://www.heart-source.org) for information on

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## What is Pre-Diabetes?

PRE-DIABETES IS A CONDITION that means you are at risk for getting type 2 diabetes and heart disease. The good news is if you have pre-diabetes, you can reduce the risk of getting diabetes and even return to normal blood glucose levels. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes.

### Besides age and being overweight, what other factors increase my risk for type 2 diabetes?

- I have a parent, brother or sister with diabetes.
- My family background is African American, American Indian, Asian American, Pacific Islander or Hispanic American/Latino.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is 35 or lower, or my triglyceride level is 250 or higher.
- I am fairly inactive. I exercise fewer than three times a week.

### What can I do to reduce my risk?

You can do a lot to lower your chances of getting diabetes. Exercising regularly,



reducing fat and calorie intake and losing weight all can help you reduce your risk of developing type 2 diabetes. Lowering blood pressure and cholesterol levels also help you stay healthy.

### If your blood pressure is 140/90 or higher, take these steps:

- Reach and maintain a reasonable body weight.
- Make wise food choices most of the time.
- Be physically active every day.
- Talk to your doctor about whether you need medicine to control your blood pressure.

### If your cholesterol levels are not normal, take these steps:

- Make wise food choices most of the time.
- Be physically active every day.
- Talk to your doctor about whether you need medicine to control your cholesterol levels.

**If you are fairly inactive, make an effort to engage in physical activity every day.**

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**If you are overweight, take these steps:**

- Reach and maintain a reasonable body weight.
- Make wise food choices most of the time.
- Be physically active every day.

**Reach and maintain a reasonable body weight**

Your weight affects your health in many ways. Being overweight can keep your body from making and using insulin properly. It also can cause high blood pressure. Losing even a few pounds can help reduce your risk of developing type 2 diabetes. For example, if you weigh 200 pounds, losing only 10 pounds could make a difference.

If you are overweight or obese, choose sensible ways to get in shape:

- Avoid crash diets. Instead, eat less of the foods you usually have. Limit the amount of fat you eat.
- Increase your physical activity. Aim for at least 30 minutes of exercise most days of the week.
- Set a reasonable weight-loss goal, such as losing one pound a week. Aim for a long-term goal of losing 5 to 7 percent of your total body weight.

**Make wise food choices most of the time**

What you eat has a big impact on your health. By making wise food choices, you can help control your body weight, blood pressure and cholesterol.

- Take a hard look at the serving sizes of the foods you eat. Reduce serving

sizes of main courses (such as meat), desserts and foods high in fat. Increase the amount of fruits and vegetables.

- Limit your fat intake to about 25 percent of your total calories. For example, if your food choices add up to about 2,000 calories a day, try to eat no more than 56 grams of fat. Your doctor or a dietitian can help you figure out how much fat to have. You can check food labels for fat content, too.
- You also may wish to reduce the number of calories you have each day. Your doctor or dietitian can help you with a meal plan that emphasizes weight loss.
- Keep a food and exercise log. Write down what you eat and how much you exercise to help keep yourself on track.
- When you meet your goal, reward yourself with a nonfood item or activity, like watching a movie.

**Be physically active every day**

Regular exercise tackles several factors at once. It helps you lose weight, keeps your cholesterol and blood pressure under control and helps your body use insulin. A good guideline is to be physically active for 30 minutes a day, five days a week to reduce the risk of type 2 diabetes. Many people chose brisk walking for exercise.

If you are not very active, you should start slowly, talking with your doctor first about what kinds of exercise would be safe for you. Make a plan to increase your activity level toward the goal of being active for at least 30 minutes a day most days of the week.

Choose activities you enjoy. Here are some ways to work extra activity into your daily routine:

- Take the stairs rather than an elevator or escalator.
- Park at the far end of the lot and walk.
- Get off the bus a few stops early and walk the rest of the way.
- Walk or bicycle instead of driving whenever you can.

**Take your prescribed medications**

Some people need medication to help control their blood pressure or cholesterol levels. If your doctor has prescribed medication, be sure to take it as directed.

**Getting started**

Making big changes in your life is hard, especially if you are faced with more than one change. You can make it easier by taking these steps:

- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned.

Your doctor, a dietitian or a counselor can help you make a plan.

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*To learn more about diabetes, call 1-800-Diabetes or check [www.diabetes.org](http://www.diabetes.org). To request a free ABCs brochure, call the National Diabetes Education Program at 1-800-438-5383. To learn more about the Department of Health Services, California Diabetes Control Program's statewide ABCs campaign, call 916-445-8732 or check [www.dhs.ca.gov/diabetes](http://www.dhs.ca.gov/diabetes).*

Walks scheduled throughout California in 2003. Plan to participate in an event near you or contact your local AHA and organize your own worksite even this year to Get Hands On and Help Save a Life!

**The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:**

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